

Amendments to the Claims:

This listing of claims will replace all prior versions of claims in the application:

Listing of Claims:

1. (Currently amended) A processed, ready-to-eat food item comprising a protein source, a fat source and a carbohydrate source, wherein the total carbohydrate content of the food item is greater than about 45% by weight, and the glycemic index of the food item is lower than ~~50(71)~~ 35 (50).
- 2-7. (Cancelled)
8. (Previously presented) The food item of claim 1 which does not include a rapidly absorbed carbohydrate.
9. (Previously presented) The food item of claim 1 wherein the carbohydrate content comprises inulin, and does not include a starch.
10. (Previously presented) The food item of claim 8 wherein the carbohydrate content exceeds 50%.
11. (Currently amended) The food item of claim 8 wherein the carbohydrate content exceeds about 55% ~~and the glycemic index is lower than about 40(57)~~.
12. (Currently amended) The food item of claim 11 wherein the glycemic index is less than about ~~35(50)~~ 30(43).
13. (Previously presented) The food item of claim 1 wherein the protein source comprises one or more of soy protein, whey protein and casein, or mixtures thereof.

14. (Previously presented) The food item of claim 8 wherein the carbohydrate source comprises one or more of fructose, inulin, barley and cherries, or mixtures thereof.

15. (Previously presented) The food item of claim 14 comprising a mixture of the following ingredients in the weight percentage range indicated:

Toasted soy pieces	15% to 25%
Inulin	5% to 15%
Toasted barley flakes	5% to 10%
Dried cherries	0% to 10%
Soy nuggets	0% to 5%
Whey isolate	0% to 5%
Calcium caseinate	0% to 5%
Plum Puree	10% to 20%
Almond paste	5% to 20%
Liquid fructose	5% to 20%
Agave nectar	5% to 20%
Glycerine	0% to 10%
Flavour	0% to 5%

Claims 16-18. (Cancelled)